



A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM

EAP NOTES

Laughter is the Best Medicine

Although as a nation we are facing difficult times, it is still okay to laugh and look at the lighter side of situations. In the spirit of celebrating National Humor Month during April, learn to laugh more. Humor is essential for mental, spiritual, emotional, and physical well-being. Please consider the following recommendations to enhance your overall wellness. Have fun!

Laugh long and loud. Everyone knows a good chuckle can lift your spirits. However, many don't know that it's full of healthy benefits as well. Laughter speeds up the heart rate, improves blood circulation, accelerates breathing, and increases oxygen consumption.

Admit you're human, and laugh at yourself. Laughter (and the opposable thumb) is an affirmation of our humanness and helps us to create bonds and friendships.

Up your daily laughter allowance. Children laugh about 300-400 times a day, adults only average 15 laughs each day. Laughter is just as important as a healthy diet.

Good humor at the workplace doesn't mean you take your job less seriously. Bringing your funnybone to work can increase the level of trust and teamwork among co-workers. It's important to remember that healthy humor is positive and healing, it is never harmful, hurtful or hateful.

Ham it up to alleviate stress! Humor is a natural way to relieve tension, stress, and job burnout. A simple *Humor Break* each day may help to calm frustration and anxiety.

Healthy Humor

- ☺ Creates bonds.
- ☺ Laughs at oneself.
- ☺ Illuminates solutions.
- ☺ Decreases tension.
- ☺ Builds confidence.
- ☺ Involves others in enjoyment.

Harmful Humor

- ☹ Divides and places blame.
- ☹ Laughs only at others.
- ☹ Obscures solutions.
- ☹ Increases tension.
- ☹ Destroys self-esteem.
- ☹ Excludes others from enjoyment.

Source: National Wellness Institute.

If you would like to learn more ways to help brighten your mood, contact your Best Care EAP. For a confidential appointment with a professional counselor, please call (402) 354-8000 or 800-666-8606.

Best Care
EMPLOYEE ASSISTANCE PROGRAM
